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Housekeepers' Chat

Friday, July 11, 1930.

Not for Publication

Subject: "Good Enough for Company." Menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Making Fermented Pickles," "Canning Fruits and Vegetables at Home," and "Ensembles for Sunny Days."

--ooOoo--

Sunday dinner is in the offing -- Sunday dinner and company. Can you suggest anything better than chicken? Then chicken it shall be -- Smothered Chicken; Potatoes; Buttered Kohl-rabi; Sliced Tomatoes; and Peach Short Cake.

A young chicken, weighing three pounds or thereabouts, is just right. Besides the chicken, you will need some butter, flour, salt, and milk. Would you rather I'd read these ingredients, in definite terms? Then let's begin, as usual, with the number of ingredients, which is five:

3-pound chicken  
4 tablespoons butter  
2 tablespoons flour

1/2 teaspoon salt, and  
1 pint milk

Five ingredients, for Smothered Chicken: (Repeat)

Wash, draw, and split the chicken down the back. Sprinkle lightly with salt and pepper, and place flat in a greased shallow baking dish. Make a sauce of the butter, flour, salt, and milk. Pour this sauce over the chicken. Bake in a moderate oven (350 degrees Fahrenheit), for 1½ hours or until the chicken is tender, and lightly browned. If the gravy has curdled during cooking, remove the chicken, add a little blended milk and flour, stir until smooth, return the chicken, and reheat. Garnish with parsley, and serve in the baking dish.

So much for the chicken, and very good it will be, for Sunday dinner.

Kohl-rabi is an appetizing vegetable that is not as widely known as -- well, as potatoes, for instance. Buttered kohl-rabi is easily prepared. Simply pare young kohl-rabi, and slice it crosswise, about 1/4 inch thick. Cook in lightly salted boiling water, for about 15 minutes, or until tender. Then drain the kohl-rabi, season with more salt if needed, pepper, and melted butter or cream.

I have suggested Peach Short Cake for dessert -- but a short cake with any other fresh fruit would be just as delicious. For short cakes, follow the directions for baking powder biscuits, adding one or two tablespoons of sugar to the flour mixture, and one or two extra tablespoons of shortening. Bake in a big round cake, or as individual servings. I use a large biscuit cutter, to cut the biscuit dough. While hot, split and butter the biscuits. Place sweetened crushed





fruit between and on top -- and you have a dessert fit for any king who might be dropping in for dinner.

The entire dinner: Smothered Chicken; Potatoes; Buttered Kohl-rabi; Sliced Tomatoes; and Peach Short Cake.

Let's spend the rest of our time among the questions and answers.

Question Number One: "What is the proper way to serve a lemon garnish, with fish?"

Answer: Instead of placing the slices of lemon on the platter with the fish, where they become greasy, cut the lemon lengthwise, into six or eight sections, and pass them on a separate plate. Then one can squeeze the juice from the lemon without getting his fingers greasy. If you want the sections of lemon to be especially attractive, roll them in finely chopped parsley. Or you might prefer to sprinkle the parsley directly on the fish.

Second question: "Do you have any directions for pickling vegetables in brine?"

Answer: Yes. I am sending you a copy of Farmers' Bulletin 1438, called "Making Fermented Pickles." This bulletin gives complete directions for pickling vegetables in brine. Cucumber pickles and sauer kraut are given most attention. Other vegetables mentioned are string beans, green tomatoes, cauliflower, corn on the cob, and some fruits, such as peaches and pears. This bulletin is a good one to have on hand during the pickling season.

Next question: "Is there any difference in refined beet sugar and cane sugar for use in jolly making?"

Answer: No. According to experiments made in the Bureau of Home Economics, there's no difference in refined beet sugar and cane sugar for use in jelly making, canning, or preserving.

Next: "Will you please send me directions for canning tomatoes so that they will keep?"

Answer: I have sent you a copy of the bulletin, "Canning Fruits and Vegetables at Home," which gives directions for canning tomatoes. If you pack them hot, and process them in a water bath for the time given in this bulletin, I think you will have no trouble with spoilage.

Last question: "What was the name of the leaflet you mentioned the other day, about summer clothes for children?"

Answer: The leaflet I mentioned is the newest one published, "Ensembles for Sunny Days." It is Leaflet Number 63, well illustrated, with picture of the four ensembles described. Please send your requests for this leaflet direct to the Bureau of Home Economics, Washington, D. C., and you'll get the leaflet soon. Everybody get the address? Bureau of Home Economics, Washington, D. C.

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